

2Beef&Noodles35

Number of Servings: 35 (144.98 g per serving)

Preparation Time: StartDayBefore

Cook Time:

Cook Temperature:

Pan Size:

Cook Method:

Amount	Measure	Ingredient
4.00	lb	Beef, stew meat, lean, ckd
2 1/8	lb	Pasta, egg noodles, enrich, dry
1 3/4	tsp	Salt, table
2/3	cup	Margarine, soft, safflower oil
2/3	cup	Onion, white, fresh, chpd
13.00	Tbs	Flour, all purpose, white, bleached, enrich
8.00	cup	Broth, beef, 99% fat free, rducd sod, cnd

Nutrients per serving

Nutrition Facts	
Serving Size (145g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 290mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 21g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Cook LEAN meat in saltfree water (to form broth so it does not need to be purchased). Before using skim off and discard any fat that may have formed on the liquid.

Cook noodles in boiling water until ala dente (still slightly firm, not cooked soft).

Melt margarine in large kettle. Add onions and saute until tender. Add flour & salt. to onions. Stir until blended. Cook 5 minutes.

Add the amount of liquid (broth) from stew meat called for in recipe OR boughten, 99% fat free, reduced sodium broth gradually, stirring constantly with wire whip.

Cook until thickened. Combine beef, cooked noodles and sauce. Pour into counter pan(s). Bake at 350 degrees F for 30 minutes or until internal temperature reaches 180 degrees F.

1+ c. = 1 serving = 2 oz meat + 1+ grain serving

Serve 1+ cup with 8 oz ladle or slightly rounded 8 oz ladle

24 g CHO = 1 1/2 Carb Servings

Notes

ORDER approximately 1/3 more meat raw than called for in recipe above. For example 15# AP (raw) Lean stew meat = ~10# cooked Lean stew meat.

Defrost stew meat 2-3 days ahead or cook from frozen state.